

**THE OPEN UNIVERSITY OF TANZANIA**  
*FACULTY OF EDUCATION*  
*DEPARTMENT OF PSYCHOLOGY AND SPECIAL EDUCATION*  
**OED 305: PRINCIPLES OF GUIDANCE AND COUNSELLING**

**FIRST ASSIGNMENT - FOR LICENSED TEACHERS-2009**

**Instructions:**

- Answer **ONE** question only.
  - Please use your own words and avoid copying statements without acknowledgement.
  - Be concise, precise and clear
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1. Define the following terms and show how do they relate and/or differ
  - i. Guidance
  - ii. Counselling
  - iii. Psychology
  - iv. Psychotherapy
2. Guidance is considered as a concept, an educational construct and service. Discuss.
3. What is a theory? Explain the characteristics of theories grouped under the Affective Approaches to counselling.

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**SECOND ASSIGNMENT - FOR LICENSED TEACHERS -2009**

**Instructions**

- Answer **ONE** question only.
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  - Be concise, precise and clear
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1. What is counselling? With relevant examples explain the major characteristics of an effective counsellor.
2. Silence as a communication skill has deep acceptance. Discuss
3. Explain the differences between individual and group counselling.